

Fall Lesson Schedule

Verdugo Aquatic Facility—3201 W Verdugo Ave - 818.238.5391

Begin registration for spring classes on Tuesday, September 1st

No swim lessons November 11th due to the observance of Veteran's Day

Note: classes not meeting the minimum enrollment requirement will be cancelled. Classes cancelled due to unforeseen circumstances will be made up and the date will be announced in class. .

Parent and Child Level A

This class is designed to get young children introduced to an aquatic environment by emphasizing a fun experience in the water. In addition to introductory skills to improve comfort in the water and swimming readiness, safety skills and cues will also be covered. All children must have one-on-one adult supervision at all times. Swim diapers must be worn by children.

Fee Weekend : \$17 Residents, \$27 Non-Residents

Session: 4 half hour classes

Time	Days	Dates	Time	Days	Dates
4:30 p.m.— 5:00 p.m.	Mon/Wed	9/14-10/8	4:30 p.m.— 5:00	Mon/Wed	10/20– 11/16

Learn to Swim Level 1

The Level 1 program is constructed to build introductory swim and water safety skills for participants while promoting comfort and enjoyment in the water. Students will learn to swim on their front and back, including floating, gliding, and combined arm and leg movement with forward progression at least 5 feet from the wall. The instructor will aid participants while working up to independence in skills. There is no skill prerequisite for this course.

Fee Weekday : \$35 Residents, \$45 Non-Residents

Session: 4 half hour classes

Ages 3-8 years old and 36 inches to the chin

Time	Days	Dates	Time	Days	Dates
<i>Weekdays</i>					
4:30 p.m.—5:00 p.m.	Mon/Wed	9/14-10/8	4:30 p.m.—5:00 p.m.	Mon/Wed	10/20– 11/16
5:00 p.m.—5:30 p.m.	Mon/Wed	9/14-10/8	5:00 p.m.—5:30 p.m.	Mon/Wed	10/20– 11/16
5:30 p.m.—6:00 p.m.	Mon/Wed	9/14-10/8	5:30 p.m.—6:00 p.m.	Mon/Wed	10/20– 11/16

Learn to Swim Level 2 —Proof of passing Level 1 or passing swim evaluation for level 2 required

The Level 2 program is constructed to give students success with fundamental swimming skills. Students will learn to swim on their front, back, and side using alternating and simultaneous arm and leg action with independent forward progression at least 15 feet from the wall. This course will prepare students for swimming 25 yards across the width of the pool, with the instructor providing aid until the student builds endurance for completing the skill independently.

Fee: \$35 Residents, \$45 Non-Residents

Session: 4 half hour classes

Child Classes—Ages 4-10 years old

Time	Days	Dates	Time	Days	Dates
5:00 p.m.—5:30 p.m.	Mon/Wed	9/14-10/8	5:00 p.m.—5:30 p.m.	Mon/Wed	10/20– 11/16

Learn to Swim Level 3 —Proof of passing Level 2 or passing swim evaluation for level 3 required

The level 3 class builds on the skills learned in Level 2, working towards gaining endurance to swim 25 yards continuously using front and back crawl. Students will learn breathing and timing for front and back crawl, as well as introductory leg movements for butterfly and side stroke. Arm and leg movements for elementary backstroke, diving, and treading water will also be instructed.

Fee: \$35 Residents, \$45 Non-Residents

Session: 8 half hour classes

Child Classes—Ages 4-10 years old

Time	Days	Dates	Time	Days	Dates
5:30 p.m. -6:00 p.m.	Mon/Wed	9/14-10/7	5:30 p.m.-6:00 p.m.	Mon/Wed	10/19– 11/16

Adult Learn to Swim Level 1:

Verdugo Aquatic Facility, 3201 West Verdugo Avenue, 91505 (VAF) (818) 238-5391

The Level 1 program is constructed to build introductory swim and water safety skills for participants while promoting comfort and enjoyment in the water. Students will learn to swim on their front and back, including floating, gliding, and combined arm and leg movement with forward progression at least 5 feet from the wall. The instructor will aid participants while working up to independence in skills. There is no skill prerequisite for this course.

Fee: \$35 Residents, \$45 Non-Residents

Session: 8 half hour classes

Child Classes—Ages 13 and older

Time	Days	Dates	Time	Days	Dates
6:00 p.m. -6:30 p.m.	Mon/Wed	9/14-10/7	6:00 p.m. -6:30 p.m.	Mon/Wed	10/19– 11/16

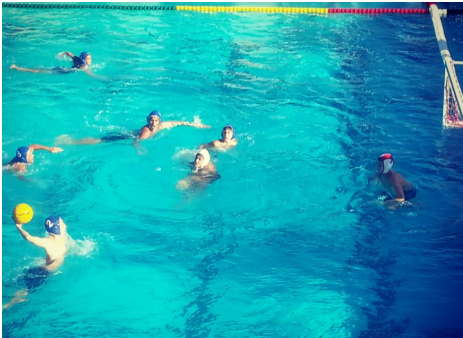


In 2015, (GRA) Golden Road Aquatics became Burbank, California's first USMS Masters Swim Team. Founded by Mike Lucero and the sponsorship of Golden Road Brewery. GRA is an excellent atmosphere with organized workouts geared to all swim levels, skills and fitness levels from beginners, lap swimmers, to tri-athletes. We focus on the many fundamentals of swimming, providing low-impact workouts using the four basic strokes; breaststroke, backstroke, butterfly and freestyle. Many GRA members also enjoy swimming on a competitive level which provides you with the health benefits of a vigorous workout as well as the fun and thrill of competition. GRA is a great way to make friends, have fun, keep fit and being a part of a healthy activity that you can continue for a lifetime.

Check out their website at www.goldenroadaquatics.org and contact Mike Lucero at 818.943.0125 for more information.

Youth Water Polo Team

The Water Polo team is a recreational competitive team where participants are eligible to play in games against other recreational teams throughout the summer season. Daily practices include dry-land work outs, swim sets, and water polo fundamentals training including positioning, passing, and shooting. Students must take a swim test on Tuesday, May 19 at 7:00 p.m. at the Verdugo Aquatic Facility. Students must be able to demonstrate 50 continuous yards in both the freestyle and backstroke and the ability to tread in deep water for 1 minute. Parents must attend a mandatory parents meeting at the same time upstairs in the Verdugo Recreation Center .



Ages: 9 - 18 years old

Fee: \$65 for Residents, \$75 for Non-Residents

Time	Days	Dates
6:00-7:30	Tue/Thu	9/14-10/8
6:00-7:30	Tue/Thu	10/20-11/16

scrimmages once a month, Sundays, 1:00 –5:00 p.m.

Youth Swim Team

The youth swim team focus on honing skills in the freestyle, back-stroke, breast stroke, and butterfly. Coaches also teach swimmers appropriate starts and turns for each stroke in a competitive setting. Individual strokes will not be taught during team practice. Students wishing to learn additional strokes are encouraged to concurrently enroll in the appropriate level Learn-to-Swim class. Swimmers will be required to swim in meets throughout the summer. Students must have passed Level three or qualify for Level four. Students must be able to demonstrate 50 continuous yards in both the freestyle and backstroke. It is preferred that the participants also have a working knowledge of the breast stroke and butterfly.



Ages: 6 - 18 years old

Fee: \$65 Residents, \$75 Non-Residents

Time	Days	Dates
6:30— 7:30	Mon/Wed	9/14-10/8
6:30— 7:30	Mon/Wed	10/20-11/16

in-house swim meets once a month, Sundays, 1:00 –5:00 p.m.